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## (54) RECORDING MEDIUM, FORMAT METHOD, AND RECORDING AND REPRODUCING DEVICE

(57) Abstract:

PROBLEM TO BE SOLVED: To simplify format processing of a recording medium before shipping and to improve a versatility of it.

SOLUTION: A setup system for writing control information enabling recording/reproducing operation of data in a rewritable region in a recording and reproducing region is recorded in an exclusive region for reproduction. Especially, as a setup system, plural kinds of system respectively corresponding to each kind of operation system are recorded in an exclusive region for reproduction. As a format method, a physical region management state in a recording and reproducing region is made, while a physical format setting a flag to the prescribed position and a logical format writing control information in a recording and reproduction region using the setup system and clearing a flag are

performed. A recording and reproducing device sets the head address by a flag.

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